

Name: Basic training of the future track and field competitors

Target of this work is analysis performance development of tested group of children and young athletes after experience basic athletic preparation lasting one year. Another target was finding out a difference of size performance growth between boys and girls in each class.

Testing was applicae on a group of athletes in age 12 – 15, 6.-9. class. Tested children went through enter measuring, following kontroll measuring and finally measuring. They took a part in many competetions, which results I recorded and made conclusion. The enter measuring was made in september 2013, finally measuring one year later in september 2014.. All results was calculated, compared and evaluated.

In my work I explored importance of performance increase about boys and girls in each classes after one year.. I compared also a differences in development of children with different weekly training frequency.

It was confirmed, that children, practising more than threetimes a week, will reach earlier performance growth and better results.